

Mobile, Agile, Hostile The following programming is intended for general Strength and Conditioning of beginner to intermediate level athletes. In this regard, it is useful for a wide variety of goals, included but not limited to offseason general athletic development, lean bulking, and weight loss with minimal strength/size loss.

However, this program will not be optimal if you have very specific goals such as peaking for a powerlifting competition, getting prepared for a bodybuilding show, or shaving minutes off your marathon time. These are highly specific goals and require equally specific training methodologies. Look elsewhere if this description applies to you.

This program was written in a way that anyone with access to the barest bones gym can utilize it, and for good reason. As such, there is a large emphasis placed on barbell and dumbbell movements. Feel free to do smart substitutions such as a Swiss Bar for Close Grip Bench, Safety Squat Bar Good Mornings in place of Stiff Leg Deadlifts, or Prowler Pushes instead of Sprints. However, do not do some dumbass fuckery like hamstring curls in place of Deadlifts, or leg presses in place of Squats. Revolting against the modern world includes shunning globo gym machinery. I want you to be violently explosive and cockdiesel strong, one does not accomplish this via seated leg extensions. Sack up, honor your ancestors, get in the squat rack.

The program is structured as followed:

- Test or estimate your one rep max in Squat, Bench, and Deadlift
- Weeks 1-5 we are building up volume and intensity but you should not feel overreached
- Week 6 is a deload week. We will cut volume and intensity roughly by 50%
- Weeks 7-12 we are building up volume and intensity for the purpose of overreaching.
- Week 13 is a deload week. We will cut volume and intensity roughly by 40%
- Week 14, test one rep max
- Lather-Rinse-Repeat

In Weeks 1-5 if weight is not specified you should be aiming for a weight that will allow you to follow the reps x sets structure and stay two reps short of failure (2RSF). By failure we do not mean difficult, we mean one would need to put a gun to your head for you to get the last rep completed. In weeks 7-12 the weight should be increase s that you are one rep short of failure (1RSF). Whenever possible increase the weight on an exercise week after week, but do not fall outside of this 2RSF, 1RSF paradigm. Also, do not test your one rep max during the program before week 14, follow as written, you'll thank us for it later.

There are lots of great resources on nutrition but some simple guidelines start with the following:

- 1 gram of protein per pound of bodyweight, minimum
- 10-15 kcal per pound of bodyweight for cutting
- 15-17 kcal per pound of bodyweight for maintaining
- 17+ kcal per pound of bodyweight for gaining
- These are guidelines not rules, some must go deeper in a caloric deficit to lose, some must reach high in a caloric surplus to gain. Self-experimentation is key here.
- · Flesh builds flesh. Veganism is an eating disorder. Act accordingly.
- Prioritize nutrient dense, unprocessed foods.

Have at it boys!

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		INCLINE P	RESS	С	LOSE GRIP	BENCH		FLAT DB	FLY	STA	NDING DB	LAT RAISE	FAR	MERS WALK -	+ SHRUGS
	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT
		8			6			10			10			40YDS + 12	
4		8			6			10			10			40YDS + 12	
														40YDS + 12	
														40YDS + 12	
														40YDS + 12	
		DEADLI			FRONT SC			POWER CI			PENDLAY F				
5	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT			
	60	5		65	6			2			8				
					6			2			8				
	ı											_			
6					4 X	30 YD SPRIN	NTS, R	EST AS LON	IG AS NEED	ED BE	TWEEN RD	S			
7								RES	T						

							V	/EEK	7						
		BENCH (PA	USED)		1 ARM DB	ROW		DIPS			FACE PL	JLL	L	OADED SIDE	CARRY
	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT
		2			10-12			10			12			40YDS	
	87.5	2		İ	10-12			10			12			40YDS	
_		2		i	10-12			10			12			40YDS	
1		3		i	10-12			10			12			40YDS	
	85	3		ł	10-12									10123	
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		<u>5</u>		ł										55LBS MI	N
	82.5	5		ł											
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		SQUA	Т	Π	STIFF LEGG	ED DI	(	OVERHEAD	DRESS		CHIN U	DS	W/D	B LUNGE + K	R SWINGS
	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT
	/0		WLIGHT	60	6	WLIGHT	/0	5	WLIGHT	/0	7	WLIGHT	/0	20/20	VVLIGHT
	07.	2		OF											
	87.5	2		1	6			5			7			20/20	
2		2		DL	6			5			7			20/20	
		3		1RM	6			5			7			20/20	
	85	3						5							
		3		1										EACH LEG + 20	
	82.5	5											9	0 SEC RESTBT	W RDS
	02.3	5													
3								RES	T						
		INCLINE P	RESS	С	LOSE GRIP	BENCH		FLAT DB	FLY	STA	NDING DB	LAT RAISE	FAR	MERS WALK	+ SHRUGS
	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT
		8			5			10			12			40YDS + 12	
4		8		İ	5			10			12			40YDS + 12	
		8		i	5			10			12			40YDS + 12	
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		DEADLI	FT		FRONT SC	UAT		POWER CI	EAN		PENDLAY F	ROWS			
	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT			
		3		ا ا	4			2			6				
	85	3		†	4			2			6				
5		3		1	4			2			6				
		<u>5</u>		1	4			2			6				
	82.5	<u>5</u>		-	<u> </u>			2			<u> </u>				
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6					ΓV	40 VD CDDIA	ITC P	ECT AC LON	IC AC NICED	ED DE	TIMEEN DO	<u> </u>			
_					5 X	40 YD SPRIN	113, K	EST AS LUN	IG AS NEED	ED BE	I VVEEN KD	<b>)</b>			
_	I							5.50	T						
7	L							RES	1						

							V	/EEK	8						
	E	BENCH (PA	USED)		1 ARM DB	ROW		DIPS			FACE PL	JLL	L	OADED SIDE	CARRY
	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT
		2			10-12			12			12			40YDS	
	07.	2		1	10-12			12			12			40YDS	
	87.5	2		1	10-12		İ	12			12			40YDS	
1		2		1	10-12		1	12			12			40YDS	
		3		1	10-12				•			1			
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		3		1											
	82.5	5		1											
	02.5														
	Π	SQUA	Г	Π.	STIFF LEGG	FD DI	1 (	OVERHEAD	PRESS		CHIN U	Pς	Wr	B LUNGE + K	R SWINGS
	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT
	/0	2	WEIGIII	62.5	6	WEIGITI	/0	5	WEIGITI	70	7	WEIGITI	/0	20/20	WEIGITI
		2		OF	6		ł	5			7			20/20	
	87.5	2		DL	6		ł	5			7			20/20	
2				1RM	6		ł	5			7			20/20	
-		3		TVIVI	0		ł	5				ļ		20/20	<u> </u>
				1				3							
	85	3		-									10 E	EACH LEG + 20	SWINGS
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	ı														
3								RES	1						
		INCLINE P			LOSE GRIP			FLAT DB			NDING DB			MERS WALK	
	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT
		8		1	5			10			12			40YDS + 12	
4		8		1	5			10			12			40YDS + 12	
		8		_	5			10			12			40YDS + 12	
		8			5			10			12			40YDS + 12	
		8			5									40YDS + 12	
		DEADLI	FT		FRONT SC	UAT		POWER CI	LEAN		PENDLAY F	ROWS			
	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT			
		3			4			2			6				
	85	3			4			2			6				
5	65	3			4			2			6				
		3		1	4			2			6				
		5			•	•	1	2			•	•			
	82.5	5		1				2							
		5		1											
6					6 X	40 YD SPRII	NTS, R	EST AS LON	IG AS NEED	ed be	TWEEN RD:	S			
6					6 X	40 YD SPRII	NTS, R	EST AS LON	IG AS NEED	ED BE	TWEEN RD:	S			
					6 X	40 YD SPRII	NTS, R			ED BE	TWEEN RDS	S			
7					6 X	40 YD SPRII	NTS, R	EST AS LON		ED BE	TWEEN RDS	S			

							V	/EEK	9						
	E	BENCH (PA	USED)		1 ARM DB	ROW		DIPS			FACE PI	JLL	L	OADED SIDE	CARRY
	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT
		2			10-12			12			12			40YDS	
	90	2		1	10-12		İ	12			12		1	40YDS	
1		2		i	10-12		i	12			12			40YDS	
		3		1	10-12		i	12			12		1	40YDS	
		3		1	10-12						1	l		10123	1
	87.5	3			10 12		-							55LBS MI	N
		3		ł										33233	
		<u> </u>													
		SQUA	T	] :	STIFF LEGG	ED DL		OVERHEAD	PRESS		CHIN U	PS	WD	B LUNGE + KI	B SWINGS
	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT
		2		65	6			5			7			20/20	
		2		OF	6		1	5			7		1	20/20	
_	90	2		DL	6		-	5			7			20/20	
2		2		1RM	6		ł	5			7		-	20/20	
		2					i	5			,			20,20	
	$\vdash$	3		ł									10 F	EACH LEG + 20	SWINGS
	87.5	3		ł									l	O SEC RESTBT	
	07.5	3		1										O SEC RESTOT	WINDS
		<u> </u>													
3								RES	т						
								INLO	1						
	ı	INCLINE P	DECC		LOSE GRIP	RENCH	Г	FLAT DB	FIV	STA	NDING DB	I AT RAISE	ΙEΛR	MERS WALK -	CHBLICS
	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT
	/0	8	WEIGHT	/0	5	WEIGHT	/0	10	WEIGHT	/0	12	WEIGHT	/0	40YDS + 12	WEIGHT
		8		1	5		ł	10			12		1	40YDS + 12	
4					5							<u> </u>			
		8						10 10			12			40YDS + 12	
		8		-	5			10			12			40YDS + 12	
		8			5 5									40YDS + 12	
					5										
	Ι	DEADLI	FT	Ι	FRONT SC	UAT	Π	POWER CI	LEAN	l	PENDLAY I	ROWS	Ι		
	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT			
	<u> </u>	3		, -	4			2		, -	6		1		
		3		1	4		İ	2			6				
5	87.5	3		1	4		i	2			6				
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		J													
6					7 X	40 YD SPRIN	NTS, R	EST AS LON	IG AS NEED	ED BE	TWEEN RD	S			
7								RES	Т						

							W	EEK	10						
		BENCH (PA	USED)		1 ARM DB	ROW		DIPS			FACE PL	JLL	L	OADED SIDE	CARRY
	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT
		2			10-12			12			12			40YDS	
		2			10-12			12			12			40YDS	
	90	2			10-12			12			12			40YDS	
1		2		İ	10-12			12			12			40YDS	
		2		1	10-12			ı							•
		3													
		3												55LBS MI	N
	87.5	3		1											
		3		1											
		SQUA	Г	:	STIFF LEGG	ED DL	(	OVERHEAD	PRESS		CHIN U	PS	W D	B LUNGE + K	B SWINGS
	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT
		2		65	6			5			7			20/20	
	90	2		OF	6			5			7			20/20	
2		2		DL	6			5			7			20/20	
		3		1RM	6			5			7			20/20	
		3						5				1		-	
	87.5	3		1										ACH LEG + 20	
		3		1									9	0 SEC RESTBT	W RDS
		-													
3								RES	T						
		INCLINE P	RESS	С	LOSE GRIP	BENCH		FLAT DB	FLY	STAI	NDING DB	LAT RAISE	FAR	MERS WALK -	+ SHRLIGS
	%	REPS	WEIGHT	%	REPS	WEIGHT									
		8				IVVEIGHI	l %	l REPS	WEIGHT	%	REPS			REPS	
١.				,,,		WEIGHT	%	REPS 10	WEIGHT	%	REPS 12	WEIGHT	%	REPS 40YDS + 12	WEIGHT
		8		,,	5	WEIGHT	%	10	WEIGHT	%	12			40YDS + 12	
4		8		,	5 5	WEIGHT	<u>%</u>	10 10	WEIGHT	%	12 12			40YDS + 12 40YDS + 12	
4		8			5 5 5	WEIGHT	<u>%</u>	10 10 10	WEIGHT	%	12 12 12			40YDS + 12 40YDS + 12 40YDS + 12	
4		8			5 5 5 5	WEIGHT	<u></u> %	10 10	WEIGHT	%	12 12			40YDS + 12 40YDS + 12 40YDS + 12 40YDS + 12	
4		8			5 5 5	WEIGHT	% 	10 10 10	WEIGHT	%	12 12 12			40YDS + 12 40YDS + 12 40YDS + 12	
4		8			5 5 5 5 5	WEIGHT	%	10 10 10	WEIGHT	%	12 12 12			40YDS + 12 40YDS + 12 40YDS + 12 40YDS + 12	
4		8 8 8	FT		5 5 5 5 5 5		%	10 10 10 10			12 12 12 12	WEIGHT		40YDS + 12 40YDS + 12 40YDS + 12 40YDS + 12	
4	%	8 8 8 DEADLI			5 5 5 5 5 5 5	UAT		10 10 10 10	EAN		12 12 12 12 12	WEIGHT		40YDS + 12 40YDS + 12 40YDS + 12 40YDS + 12	
4	%	8 8 8 DEADLI REPS	FT WEIGHT	%	5 5 5 5 5 5 5 FRONT SQ		%	10 10 10 10 10			12 12 12 12 12 PENDLAY F	WEIGHT		40YDS + 12 40YDS + 12 40YDS + 12 40YDS + 12	
	% 90	8 8 8 DEADLI REPS 2			5 5 5 5 5 5 5 FRONT SO REPS 4	UAT		10 10 10 10 10 POWER CI	EAN		12 12 12 12 12 PENDLAY F REPS 6	WEIGHT		40YDS + 12 40YDS + 12 40YDS + 12 40YDS + 12	
		8 8 8 DEADLI REPS 2			5 5 5 5 5 5 5 FRONT SQ REPS 4 4	UAT		10 10 10 10 10 POWER CI REPS 2	EAN		12 12 12 12 12 PENDLAY F REPS 6 6	WEIGHT		40YDS + 12 40YDS + 12 40YDS + 12 40YDS + 12	
5	90	8 8 8 DEADLI REPS 2 2 3			5 5 5 5 5 5 5 FRONT SO REPS 4 4	UAT		10 10 10 10 POWER CI REPS 2 2	EAN		12 12 12 12 12 PENDLAY F REPS 6 6 6	WEIGHT		40YDS + 12 40YDS + 12 40YDS + 12 40YDS + 12	
		8 8 8 DEADLI REPS 2 2 3 3			5 5 5 5 5 5 5 FRONT SQ REPS 4 4	UAT		10 10 10 10 POWER CI REPS 2 2 2	EAN		12 12 12 12 12 PENDLAY F REPS 6 6	WEIGHT		40YDS + 12 40YDS + 12 40YDS + 12 40YDS + 12	
	90	8 8 8 DEADLI REPS 2 2 2 3 3 3			5 5 5 5 5 5 5 FRONT SO REPS 4 4	UAT		10 10 10 10 POWER CI REPS 2 2 2 2 2	EAN		12 12 12 12 12 PENDLAY F REPS 6 6 6	WEIGHT		40YDS + 12 40YDS + 12 40YDS + 12 40YDS + 12	
	90 87.5	8 8 8 DEADLI REPS 2 2 3 3 3 3			5 5 5 5 5 5 5 FRONT SO REPS 4 4	UAT		10 10 10 10 POWER CI REPS 2 2 2	EAN		12 12 12 12 12 PENDLAY F REPS 6 6 6	WEIGHT		40YDS + 12 40YDS + 12 40YDS + 12 40YDS + 12	
	90	8 8 8 DEADLI REPS 2 2 2 3 3 3			5 5 5 5 5 5 5 FRONT SO REPS 4 4	UAT		10 10 10 10 POWER CI REPS 2 2 2 2 2	EAN		12 12 12 12 12 PENDLAY F REPS 6 6 6	WEIGHT		40YDS + 12 40YDS + 12 40YDS + 12 40YDS + 12	
5	90 87.5	8 8 8 DEADLI REPS 2 2 3 3 3 3			5 5 5 5 5 5 5 FRONT SO REPS 4 4 4	WEIGHT	%	10 10 10 10 POWER CI REPS 2 2 2 2 2 2	EAN WEIGHT	%	12 12 12 12 12 PENDLAY F REPS 6 6 6 6	ROWS		40YDS + 12 40YDS + 12 40YDS + 12 40YDS + 12	
	90 87.5	8 8 8 DEADLI REPS 2 2 3 3 3 3			5 5 5 5 5 5 5 FRONT SO REPS 4 4 4	WEIGHT	%	10 10 10 10 POWER CI REPS 2 2 2 2 2 2	EAN	%	12 12 12 12 12 PENDLAY F REPS 6 6 6 6	ROWS		40YDS + 12 40YDS + 12 40YDS + 12 40YDS + 12	
5	90 87.5	8 8 8 DEADLI REPS 2 2 3 3 3 3			5 5 5 5 5 5 5 FRONT SO REPS 4 4 4	WEIGHT	%	10 10 10 10 10 POWER CI REPS 2 2 2 2 2 2	EAN WEIGHT	%	12 12 12 12 12 PENDLAY F REPS 6 6 6 6	ROWS		40YDS + 12 40YDS + 12 40YDS + 12 40YDS + 12	
5	90 87.5	8 8 8 DEADLI REPS 2 2 3 3 3 3			5 5 5 5 5 5 5 FRONT SO REPS 4 4 4	WEIGHT	%	10 10 10 10 POWER CI REPS 2 2 2 2 2 2	EAN WEIGHT	%	12 12 12 12 12 PENDLAY F REPS 6 6 6 6	ROWS		40YDS + 12 40YDS + 12 40YDS + 12 40YDS + 12	

							W	EEK	11						
		BENCH (PA	USED)		1 ARM DB	ROW		DIPS			FACE PL	JI I	1	OADED SIDE	CARRY
	<u> </u>	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT
	- <sup>70</sup>	1	WEIGHT	/0	10-12	WEIGHT	70	12	WEIGHT	70	12	WEIGHT	70	40YDS	WEIGHT
	95	1			10-12			12			12			40YDS	
		2			10-12			12			12			40YDS	
1															
<b>'</b>	92.5	2			10-12			12			12			40YDS	
		2			10-12										
		2												551.50.44	
		3												55LBS MI	N
	87.5	3													
		3													
	l	SQUA	T		STIFF LEGG	FD DI		OVERHEAD	PRESS		CHIN U	PS	W D	B LUNGE + KI	B SWINGS
	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT
	- <sup>70</sup>	1	WEIGHT	/0	6	WEIGHT	70	5	WEIGHT	70	7	WEIGHT	70	20/20	WEIGHT
	97.5	1		65	6			5			7			20/20	
		2		OF	6						7			20/20	
2		2		DL	6			5 5			7			20/20	
	95	2		1RM	6			5						20/20	<u> </u>
		2			В			5					10 5	ACH LEG + 20	CMINCS
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		INCLINED	DECC		LOCE CDID	DENCH		FLAT DB	FLV	СТА	NIDING DR	LAT DAICE	E A D	NATED C NAVALIA	CHBLICC
	0/	INCLINE P	т	_	LOSE GRIP		0.4				NDING DB	1		MERS WALK -	
	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT
		8			5			10			12			40YDS + 12	
4		8			5			10			12			40YDS + 12	
		8			5			10			12			40YDS + 12	
		8			5			10			12			40YDS + 12	
		8			5									40YDS + 12	
					5										
		DEADU	FT		EDON'T CO	)   A T		DOWED C	LEAN		DEALD! AV.	2014/6			
	0/ 1	DEADLI		0.4	FRONT SO		0.4	POWER CI			PENDLAY F				
	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT			
	92.5	1			4			2			6				
		1			4			2			6				
5		2			4			2			6				
	90	2			4			2			6				
		2						2							
		2						2							
	87.5	3													
	07.10	3													
6					7 X	50 YD SPRIN	NTS, R	EST AS LON	IG AS NEED	ED BE	TWEEN RD	S			
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7								RES	Т						

							W	EEK	12						
	F	BENCH (PA	USFD)		1 ARM DB	ROW		DIPS			FACE PL	JI I	ı	OADED SIDE	CARRY
ŀ	<u>%</u>	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT
ŀ		1	WEIGHT	70	10-12	WEIGHT	70	12	WEIGHT	/0	12	WEIGHT		40YDS	WEIGHT
	95	1			10-12			12			12			40YDS	
ŀ		2			10-12			12			12			40YDS	
1	ŀ	2			10-12			12			12			40YDS	
•	92.5	2						12			12			40103	
	ŀ	2			10-12										
ŀ														55LBS MI	NI
	07 5	3												SSLBS IVII	IN
	87.5	3													
		3													
T		SQUA	Т	9	STIFF LEGG	ED DL	(	OVERHEAD	PRESS		CHIN U	PS	W D	B LUNGE + KI	3 SWINGS
ľ	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT
ľ		1			6			5			7		,-	20/20	
	97.5	1		65	6			5			7			20/20	
ŀ		2		OF	6			5			7			20/20	
2		2		DL	6			5			7			20/20	
	95	2		1RM	6			5			,			20/20	
	ŀ	2											10 F	ACH LEG + 20	SWINGS
ŀ		3												O SEC RESTBT	
	90	3												o see nestbi	WINDS
		<u> </u>													
3								RES	 т						
3								INLO	1						
П		INCLINE P	RESS	<u> </u>	I OSE GRIP	BENCH		FLAT DR	FIY	STAI	NDING DR	Ι ΔΤ RΔISF	FΔR	MERS WALK -	SHRUGS
		INCLINE P			LOSE GRIP	1	%	FLAT DB			NDING DB			MERS WALK -	
	%	REPS	RESS WEIGHT	C %	REPS	BENCH WEIGHT	%	REPS	FLY WEIGHT	STAI %	REPS	LAT RAISE WEIGHT	FAR	REPS	SHRUGS WEIGHT
		REPS 8			REPS 5	1	%	REPS 10			REPS 12			REPS 40YDS + 12	
4		REPS 8 8			REPS 5 5	1	%	REPS 10 10			REPS 12 12			REPS 40YDS + 12 40YDS + 12	
4		REPS 8 8 8			REPS 5 5 5	1	%	REPS 10 10 10			REPS 12 12 12			REPS 40YDS + 12 40YDS + 12 40YDS + 12	
4		8 8 8 8			REPS 5 5 5 5	1	%	REPS 10 10			REPS 12 12			REPS 40YDS + 12 40YDS + 12 40YDS + 12 40YDS + 12	
4		REPS 8 8 8			REPS 5 5 5 5 5 5	1	%	REPS 10 10 10			REPS 12 12 12			REPS 40YDS + 12 40YDS + 12 40YDS + 12	
4		8 8 8 8			REPS 5 5 5 5	1	%	REPS 10 10 10			REPS 12 12 12			REPS 40YDS + 12 40YDS + 12 40YDS + 12 40YDS + 12	
4		8 8 8 8 8 8	WEIGHT		REPS 5 5 5 5 5 5 5 5 5	WEIGHT	%	REPS 10 10 10 10	WEIGHT	%	REPS 12 12 12 12 12	WEIGHT		REPS 40YDS + 12 40YDS + 12 40YDS + 12 40YDS + 12	
4	%	8 8 8 8 8 0 DEADLI	WEIGHT	%	REPS 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5	WEIGHT		REPS 10 10 10 10 10 POWER C	WEIGHT	%	REPS 12 12 12 12 12 12 PENDLAY F	WEIGHT		REPS 40YDS + 12 40YDS + 12 40YDS + 12 40YDS + 12	
4		REPS  8  8  8  8  8  DEADLI REPS	WEIGHT		REPS 5 5 5 5 5 5 5 FRONT SC REPS	WEIGHT	%	REPS 10 10 10 10 10 POWER COREPS	WEIGHT	%	REPS 12 12 12 12 12 12 PENDLAY F	WEIGHT		REPS 40YDS + 12 40YDS + 12 40YDS + 12 40YDS + 12	
4	%	REPS 8 8 8 8 8 DEADLI REPS 1	WEIGHT	%	REPS 5 5 5 5 5 5 5 5 FRONT SO REPS 4	WEIGHT		REPS 10 10 10 10 10 POWER C	WEIGHT	%	REPS 12 12 12 12 12 12 PENDLAY F REPS 6	WEIGHT		REPS 40YDS + 12 40YDS + 12 40YDS + 12 40YDS + 12	
	%	8 8 8 8 8 B DEADLI REPS 1 1	WEIGHT	%	REPS 5 5 5 5 5 5 5 5 5 6 7 5 7 5 7 5 7 5 7 5	WEIGHT		REPS 10 10 10 10 10 POWER COREPS 2 2	WEIGHT	%	REPS 12 12 12 12 12 12 12 6 PENDLAY F REPS 6 6	WEIGHT		REPS 40YDS + 12 40YDS + 12 40YDS + 12 40YDS + 12	
5	%	REPS  8  8  8  8  8  DEADLI  REPS  1  1	WEIGHT	%	REPS 5 5 5 5 5 5 5 5 5 6 7 5 7 5 7 5 7 5 7 5	WEIGHT		POWER COREPS  2 2 2	WEIGHT	%	REPS 12 12 12 12 12 12 12 6 6 6 6	WEIGHT		REPS 40YDS + 12 40YDS + 12 40YDS + 12 40YDS + 12	
	%	REPS  8  8  8  8  PEADLI  REPS  1  1  2  2	WEIGHT	%	REPS 5 5 5 5 5 5 5 5 5 6 7 5 7 5 7 5 7 5 7 5	WEIGHT		POWER COREPS  2 2 2 2	WEIGHT	%	REPS 12 12 12 12 12 12 12 6 PENDLAY F REPS 6 6	WEIGHT		REPS 40YDS + 12 40YDS + 12 40YDS + 12 40YDS + 12	
	% % 92.5	REPS  8  8  8  8  REPS  1  1  2  2	WEIGHT	%	REPS 5 5 5 5 5 5 5 5 5 6 7 5 7 5 7 5 7 5 7 5	WEIGHT		REPS 10 10 10 10 10 POWER COREPS 2 2 2 2 2 2 2 2 2	WEIGHT	%	REPS 12 12 12 12 12 12 12 6 6 6 6	WEIGHT		REPS 40YDS + 12 40YDS + 12 40YDS + 12 40YDS + 12	
	% % 92.5	REPS 8 8 8 8 8 DEADLI REPS 1 2 2 2 2	WEIGHT	%	REPS 5 5 5 5 5 5 5 5 5 6 7 5 7 5 7 5 7 5 7 5	WEIGHT		POWER COREPS  2 2 2 2	WEIGHT	%	REPS 12 12 12 12 12 12 12 6 6 6 6	WEIGHT		REPS 40YDS + 12 40YDS + 12 40YDS + 12 40YDS + 12	
5	% % 92.5	REPS 8 8 8 8 8 PEADLI REPS 1 1 2 2 2 3	WEIGHT	%	REPS 5 5 5 5 5 5 5 5 5 6 7 5 7 5 7 5 7 5 7 5	WEIGHT		REPS 10 10 10 10 10 POWER COREPS 2 2 2 2 2 2 2 2 2	WEIGHT	%	REPS 12 12 12 12 12 12 12 6 6 6 6	WEIGHT		REPS 40YDS + 12 40YDS + 12 40YDS + 12 40YDS + 12	
5	% % 92.5	REPS 8 8 8 8 8 DEADLI REPS 1 2 2 2 2	WEIGHT	%	REPS 5 5 5 5 5 5 5 5 5 6 7 5 7 5 7 5 7 5 7 5	WEIGHT		REPS 10 10 10 10 10 POWER COREPS 2 2 2 2 2 2 2 2 2	WEIGHT	%	REPS 12 12 12 12 12 12 12 6 6 6 6	WEIGHT		REPS 40YDS + 12 40YDS + 12 40YDS + 12 40YDS + 12	
5	% % 92.5	REPS 8 8 8 8 8 PEADLI REPS 1 1 2 2 2 3	WEIGHT	%	REPS 5 5 5 5 5 5 5 5 6 7 5 7 7 8 7 8 7 8 7 8 7 8 7 8 7 8 7 8 7	WEIGHT	%	REPS 10 10 10 10 10 10 20 2 2 2 2 2 2 2 2 2	WEIGHT	%	REPS 12 12 12 12 12 12 12 6 6 6 6 6	ROWS WEIGHT		REPS 40YDS + 12 40YDS + 12 40YDS + 12 40YDS + 12	
5	% % 92.5	REPS 8 8 8 8 8 PEADLI REPS 1 1 2 2 2 3	WEIGHT	%	REPS 5 5 5 5 5 5 5 5 6 7 5 7 7 8 7 8 7 8 7 8 7 8 7 8 7 8 7 8 7	WEIGHT	%	REPS 10 10 10 10 10 10 20 2 2 2 2 2 2 2 2 2	LEAN	%	REPS 12 12 12 12 12 12 12 6 6 6 6 6	ROWS WEIGHT		REPS 40YDS + 12 40YDS + 12 40YDS + 12 40YDS + 12	
5	% % 92.5	REPS 8 8 8 8 8 PEADLI REPS 1 1 2 2 2 3	WEIGHT	%	REPS 5 5 5 5 5 5 5 5 6 7 5 7 7 8 7 8 7 8 7 8 7 8 7 8 7 8 7 8 7	WEIGHT	%	REPS 10 10 10 10 10 10 20 2 2 2 2 2 2 2 2 2	LEAN WEIGHT	%	REPS 12 12 12 12 12 12 12 6 6 6 6 6	ROWS WEIGHT		REPS 40YDS + 12 40YDS + 12 40YDS + 12 40YDS + 12	

WEEK 13 (DELOAD)															
	BENCH (PAUSED)			1 ARM DB ROW			DIPS			FACE PULL			LOADED SIDE CARRY		
1	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT
		3			10-12			12			12			40YDS	
	50	3			10-12			12		1	12			40YDS	
		3								1	12			40YDS	
											12		1 [	40YDS	
											I			55LBS MI	N
		SQUA	Т	STIFF LEGGED DL			OVERHEAD PRESS			CHIN UPS			W D	B LUNGE + KE	SWINGS
2	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT
	50	3		40	6			5			7			20/20	
		3		OF	6			5		1	7			20/20	
		3							!		ļ			20/20	
		3												20/20	
		3											10 E	ACH LEG + 20	SWINGS
3								RES	T						
								1123	· ·						
	INCLINE PRESS				LOSE GRIP	RENCH	FLAT DB FLY			STANDING DB LAT RAISE			FARMERS WALK + SHRUGS		
	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT
	70		WEIGHT	70		WEIGHT	70		WEIGHT	70		WEIGHT	70		WEIGHT
4		<u>8</u> 8			5 5			10 10		1	12 12			40YDS + 12 40YDS + 12	
~		<u> </u>			3			10			12				
												40YDS + 12 40YDS + 12			
													40YDS + 12		
														40103 + 12	
	DEADLIFT				FRONT SC	NIAT	POWER CLEAN			PENDLAY ROWS					
5	%	REPS	 I weight	%	REPS	WEIGHT	%	REPS	WEIGHT	%	REPS	WEIGHT			
	60	3	WEIGITI	/0	4	WEIGITI	/0	2	WLIGITI	/0	6	WLIGITI			
		3			4			2		1	6				
		3			4			2		1	6				
	60	3			4			2			6				
		3			4	ļ		2			0	<u> </u>			
		3	<u>l</u>												
								2		<u> </u>					
	l				2.11	EO VD CDC	JTC C	FCT AC LC:	IC AC NEED	FD 25	TIA/EENLOS	C			
6					3 X	SU YU SPRIN	VIS, R	EST AS LON	IG AS NEED	FD BE	I WEEN RD	5			
7								RES	T						
							W	EEK	14						
						RE-MAX (	ON SQ	UAT, BENC	H, AND DEA	ADLIFT	-				